

WITH EACH AND EVERY BREATH

A new breath meditation manual by Thanissaro Bhikkhu drawing on two sources: the Buddha's own set of instructions on how to use the breath in training the mind, and Ajaan Lee Dhammadhara's method of breath meditation — which builds on the Buddha's instructions, explaining in detail many of the points...



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Author	Thanissaro Bhikkhu
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Reader's Opinions

Possibly the best book I've read on meditation practice so far. The focus on breath seems to me only one of many approaches, but this is the one he takes. Tan Jeff lists a lot of hindrances experienced in meditation, and offers very practical advice - in my opinion with a lot of wisdom and gentleness. The chapter on advanced practice and...

Wow! What a book! One of the best manuals on meditation I've encountered so far. We've all heard to treat meditation as a skill, to train it as a skill, to practice deliberately. But how? This book shows you how. One of the most important ideas is to 'play' with your breath. Try this and that, see how it feels, make adjustments,...